THIS CAN BE HEALTHY?

RETHINK MEXICAN FOOD. PAGES 25-28

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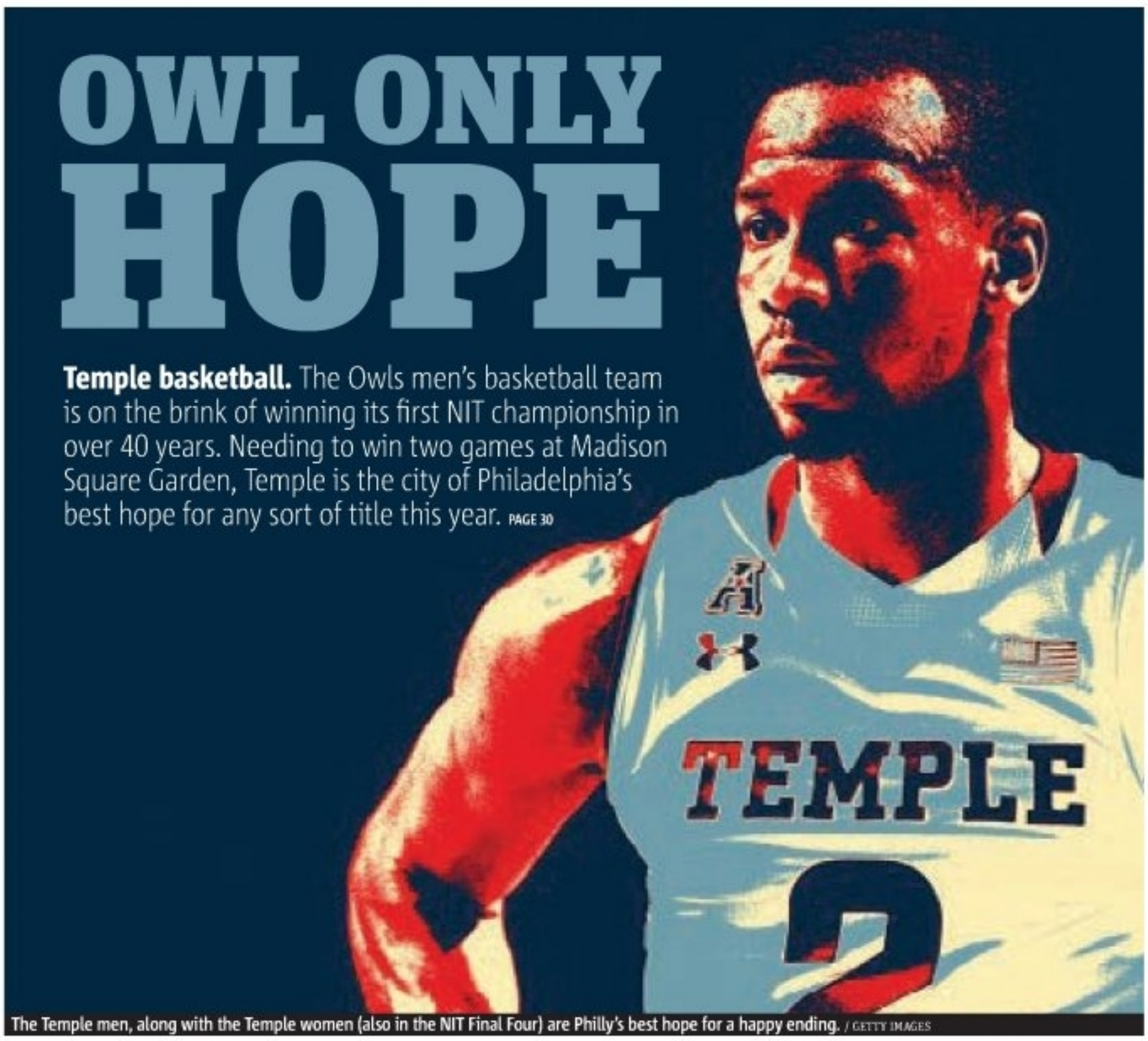
Tuesday, March 31, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

OWL ONLY HOPE

Temple basketball. The Owls men's basketball team is on the brink of winning its first NIT championship in over 40 years. Needing to win two games at Madison Square Garden, Temple is the city of Philadelphia's best hope for any sort of title this year. PAGE 30



The Temple men, along with the Temple women (also in the NIT Final Four) are Philly's best hope for a happy ending. / GETTY IMAGES

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1 NEWS

Top 3

The best of Metro.us

1 'Looking for a lawyer? Here's what to ask'

2 'One Direction moving on from Zayn Malik rather quickly'

3 'Police reportedly get whole town high on accident'

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Corruption trial of six ex-cops begins

Opening arguments. Defense goes on attack, calling witnesses "garbage" in preview of 10-week trial.

Former Philly narcotics cops charged by the feds with corruption are, clockwise from left: Thomas Liciardello, Perry Betts, Linwood Norman, Brian Reynolds, John Speiser and Michael Spicer / PPD

Drug dealers are arrested and used to convict other drug dealers all the time.

But can drug dealers be relied upon to convict six former Philadelphia police officers accused of robbing and kidnapping drug suspects?

To hear lawyers for the six accused officers, the answer is "no."

"When you have 19 bags of trash, you don't have better trash," said Attorney Jack McMahon, who is representing Officer Brian Reynolds. "You just have a bigger pile of trash."

Opening arguments began Monday in the corruption trial of members of the Philadelphia Police Department's Narcotics Field Unit. McMahon's statements marked for the first time how defense lawyers for the six plan to defend against the sweeping charges that could lead to life sentences for all but one of the accused officers.

McMahon was referring to 19 key witnesses — of the roughly 100 potential witnesses prosecutors could call — who say the officers stole from them hundreds of thousands of dollars in drug proceeds between 2006 and 2012.

Quoted

Defense attorneys made much of the fact that the men were not ensnared in another federal sting designed to catch them stealing from a drug suspect who was really an undercover FBI agent.

- A trap was set by the FBI," said Jeffrey Miller, lawyer for alleged ringleader Thomas Liciardello. "If they were thieves, the money would have disappeared."

McMahon recounted for jurors the criminal history of all 19 witnesses, calling them liars motivated by vendettas against good cops.

"We are dealing with people who are not of high character," McMahon said. "They are deceivers from Day 1."

But the defense saved special vitriol for Jeffrey Walker, one of the officers' former colleagues, who last year admitted to planting cocaine on a drug dealer as a ruse to steal keys to the man's house. He later stole $15,000 from the home in a 2013 sting orchestrated by the FBI. After his arrest, he flipped on his fellow officers — leading agents from the FBI's corruption unit to the 19 key witnesses — in an attempt to get a lighter sentence.

Jimmy Binns, attorney for Michael Spicer, said Walker was an admitted drug dealer, a drunk who could not be trusted.

"Walker is an admitted home invader. He had a gang and they invaded homes," Binns said. "He is thief, a liar and perjurer."

Most of the officers appeared in court surrounded by family.

DAN KELLEY
@MetroPhilly
letters@metro.us

Eerie

In two states, on same day, 5:45 p.m. meant Amtrak doom for two victims

In an eerie coincidence, two people were killed by Amtrak trains in two different states at the same time — around 5:45 p.m. on Sunday.

One death was just outside Trenton, New Jersey, and the other in Fairfield, Connecticut.

In the Hamilton Township, New Jersey incident, a Washington-to-Boston train — the Northeast Regional — hit a person on the tracks west of the station, near Sloan Avenue.

The victim, whose sex, age and identity were not released, died at the scene.

Officials are investigating.

In the second incident, at the same time, a New Haven-bound train hit a woman on the tracks in Fairfield.

The victim seemed to be running over to the opposite platform when the train hit her on Track 4, reports say.

JOHN OSWALD

Tragedy with two trains
GETTY IMAGES

Take a ride. Indego bike-share program gets April 23 launch date

Indego, the long-awaited Philly bike-share program, is set to launch April 23, the mayor's office announced Monday.

Bike-share stations will start being installed in coming weeks around the city.

There are multiple rental options: Indego30 costs $15 per month and comes with one free hour of biking. (Additional hours per ride cost $4 each).

IndegoFlex costs $10 per year, and bike rentals cost $4 per hour.

For walk-ups, bikes can be rented for $4 per half-hour.

"I am thrilled that we are launching Indego in less than 30 days," Mayor Michael Nutter said.

SAM NEWHOUSE

The Indego bikes in action
MITCHELL NEFF, PROVIDED

Pennsylvania

Mumia hositalized, supporters say

Supporters of Mumia Abu-Jamal said the former death row inmate and convicted cop killer was in an intensive care unit in Schuykill Medical Center Monday afternoon.

Prison officials would not confirm the report saying they do not discuss inmate medical treatment. A representative of the hospital did not return a call and email for comment.

Noelle Hanrahan, of Prison Radio, sent an email Monday afternoon saying that the prisoner was transported from SCI-Mahonoy at 1 p.m. She urged supporters to contact prison officials and allow Abu-Jamal's family to visit him.

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Ask SEPTA

JOE CASEY

SEPTA GENERAL MANAGER

Send your questions about SEPTA services and other issues about the transit agency to sam.newhouse@metro.us. They will be forwarded to Joe Casey who will answer them in a special monthly column here.

SEPTA'S GOT SOME NEW PROJECTS COOKING

If you ride SEPTA, you're likely seeing the first signs of major progress for public transportation in the Philadelphia region.

SEPTA is aggressively pressing ahead with its "Rebuilding for the Future" capital program thanks to Act 89, which was approved in November 2013 to provide long-needed funding for transportation improvements across the Commonwealth of Pennsylvania.

Some of SEPTA's efforts are visible today. We're fixing vital bridges and launching the reconstruction of aging stations. Work to spruce up the Center City Concourse, which SEPTA recently took on under an agreement with the City of Philadelphia, is underway, and we have a long-term plan to turn this network into a gateway for the region's transit system. We're also moving ahead with the SEPTA Key, a transformational initiative to modernize our fare system.

Other work might be harder to see, but is every bit as important. Track repairs, signal modernization, power substation overhauls and accessibility improvements are underway throughout the region. These are critical — if not always very flashy — upgrades for our transit system.

And while we tackle fixes to the infrastructure we have, we'll also address the needs of a growing ridership. Within the next year, SEPTA will move ahead with purchases for new locomotives and bi-level coaches. This, along with a strategic plan to expand parking at select locations, will help SEPTA meet continued Regional Rail ridership growth by expanding our passenger capacity.

Quoted

"And while we tackle fixes to the infrastructure we have, we'll also address the needs of a growing ridership."

Trolleys that have been in service for over three decades and are beyond their useful service lives will be replaced with articulated light rail vehicles that will accommodate increasing ridership. These purchases will be made in conjunction with an overhaul of trolley infrastructure to make it fully compliant with Americans with Disabilities Act (ADA) requirements.

The remaking of our bus fleet into one of the cleanest in the nation also progresses. Already, more than one-third of our buses are diesel-electric hybrids, which in addition to being environmentally friendly are also less-costly to maintain and have longer life-spans than the traditional diesel buses they replace.

These exciting efforts come as we get ready for a year unlike any other in SEPTA's history. In September, Philadelphia will host the Eighth World Meeting of Families, and Pope Francis' first Papal mass in the U.S. More than two million attendees are expected, including thousands of international visitors. Then, just 10 months later, thousands of delegates and other visitors will arrive for the Democratic National Convention.

Our region was chosen to host these important events in large part because of SEPTA's extensive and effective transit network. We're excited about the efforts underway, and those to come, to further enhance this valuable resource for our customers and the region as a whole.

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Cops: Peeping Tom used pen camera

Creepy. Warminster man faces charges related to taking videos of women in a Target dressing room.

Since November 2014, a Warminster man has allegedly loitered in dressing rooms at an Abington Target secretly recording women while they change, according to police.

Miklos Jugovics, 32, is accused of using a video camera concealed inside a pen to pull off his "Peeping Tom" trick.

Jugovics was arrested Saturday around 2:15 p.m. after employees spotted him back in the dressing room — where he had been seen a week earlier, when a female customer reported seeing a ballpoint pen poke under the wall of the dressing room.

Police: Jugovics hid camera in pen. / APD

"She saw a small, cylindrical device protruding under the wall of the changing room," the Abington Police stated in a report. "When she attempted to grab it, the device was pulled away leading the customer to believe she had been photographed while she was changing."

That woman reported her March 21 encounter at the Target at 1495 Old York Road to Abington Police. Jugovics was picked out as a possible suspect on surveillance camera footage. When employees saw Jugovics on March 28, they called police, who detained him.

Police said Jugovics admitted that he recorded women using the ballpoint-pen camera.

Jugovics faces charges of invasion of privacy, unlawful use of computers and possessing instruments of crime and is being held pending his arraignment.

He "would then download the images onto a computer in his home but states that he never uploaded any images to the Internet or otherwise distributed them," the police report states.

Police recovered the pen-camera and executed a search warrant at Jugovics' home.

SAM NEWHOUSE
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Delco. Auto insurance repair scam busted

Eleven people were charged in an insurance fraud scheme that centered on a Darby Borough auto body shop, the Delaware County District Attorney's Office announced Monday.

Prosecutors say Franklin Thomas Wilson, 45, the owner of Transformers Collision Specialist used a forklift to damage vehicles — or drove them into poles — in a scheme to increase the amount of money received by insurance companies.

Frank Wilson / DELCO DA

After the claim was paid, Wilson would fix the damage at a much lower cost and pocket the difference.

Investigators were tipped off by an informant. Prosecutors say Wilson also staged damage to vehicles in order to help people in accidents avoid paying deductibles.

Wilson used an empty garage to enhance the damage to cars. Investigators apparently watched one man drive a vehicle into the garage — which was located across the street from the Darby police station — that had no damage. When it exited the garage, it had damage to the side. The owner of the car, a Mercedes CLS500, reported the car was damaged in a hit-and-run and had three witnesses back up his story.

Progressive Insurance paid $13,000 for the claim.

DAN KELLEY

Citizens Bank Park

Phillies games get metal detectors

The Phillies are implementing walk-through metal detectors at all Citizens Bank Park entrances, the team said Monday, to enhance security.

The MLB is mandating that all fans are subject to metal-detection screening, the team said.

METRO

NE Philly

$46.5 million for victims families in Kraft shooting

A jury awarded $46.5 million Monday to the families of Tanya Wilson, 47, and LaTonya Brown, 36, Kraft Foods employees who were killed at the factory by disgruntled co-worker Yvonne Hiller in September 2010. METRO

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Fatal accident

Eight dead, 10 injured in Florida van crash

Eight people were killed and 10 more were injured in Florida on Monday when their church van drove through a stop sign and crashed into a road-side ditch that was partially filled with water, authorities said.

The single-vehicle crash occurred in Glades County at about 12:30 a.m., Lieutenant Gregory Bueno of the Florida Highway Patrol said in a statement.

A preliminary investigation indicated that the van carrying 18 people was traveling east on State Road 78 when it passed through a stop sign. It crossed all lanes of traffic on U.S. Highway 27 and ended up in a steep, water-filled canal on the highway's grass shoulder, Bueno said.

The driver of the van, associated with a church in the Fort Pierce area, and seven passengers died, and 10 other passengers were taken to local hospitals, according to the statement. REUTERS

Quoted

"They didn't see that stop sign. They shot right through it ... It was a sad evening."

Glades County Sheriff's Office Chief Deputy Duane Pottorff told the Associated Press

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Sketch of Dzhokhar Tsarnaev / DZHOKHAR TSARNAEV

Jury hears of grisly deaths, defense calls first witness

Murder. Tsarnaev faces death or life in prison if convicted.

Two of the people killed in the Boston Marathon bombing were torn apart by one of the blasts that ripped through runners and onlookers at the finish line, medical examiners testified on Monday as prosecutors wound up their case against accused bomber Dzhokhar Tsarnaev and defense attorneys began calling witnesses.

Massachusetts' Chief Medical Examiner Henry Nields showed the jury 8-year-old Martin Richard's bloodstained gray New England Patriots T-shirt with holes that correlated with injuries to the child's torso.

On the 15th day of testimony in Tsarnaev's trial at Boston federal court, Nields said a piece of shrapnel appeared to have gone straight through Richard's body. "It would be difficult to say the precise location due to the size of the openings in the abdomen," he testified. Nields was the 92nd and final witness called by the prosecution.

Shrapnel from the same homemade pressure cooker bomb that killed Richard punched through Chinese exchange student Lingzi Lu's legs, causing the 23-year old to bleed to death within minutes, Boston medical examiner Katherine Lindstrom testified.

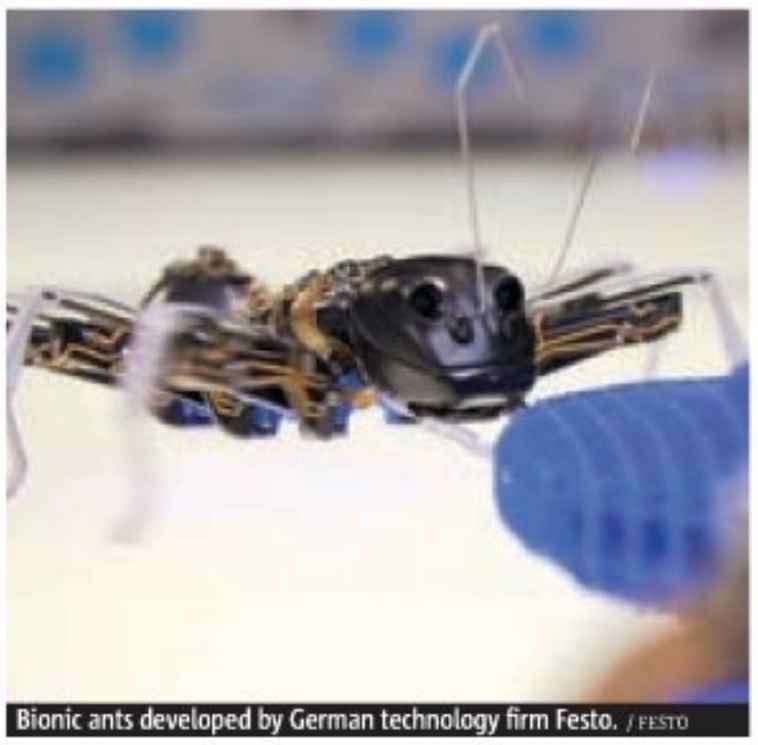
Tsarnaev, 21, is charged with the April 15, 2013, bombing that killed three and injured 264 people, and the fatal shooting of Massachusetts Institute of Technology police officer Sean Collier three days later as he and his brother prepared to flee the city. REUTERS

Quoted

"Her injuries were caused by debris hitting her body and going through her body ... They would have been very painful."

Lindstorm

Labor. Bionic ants could be tomorrow's factory workforce



Bionic ants developed by German technology firm Festo. / FESTO

Robotic ants the size of a human hand that work together could be the future of factory production systems.

The developers, German technology firm Festo, say it's not just the unusual anatomy of real-world ants that inspired the bionic version - the collective intelligence of an ant colony was also something they wanted to replicate.

The bionic ants cooperate and coordinate their actions and movements to achieve a common aim - in the same way individual ants complete tasks for the whole colony. Festo says that in the future production systems will be based on intelligent individual components that adjust themselves to different production demands by communicating with each other.

The ants are able to complete complex tasks, like transporting large, heavy loads, which they wouldn't be able to achieve individually, by working together.

The robot features a stereo camera and a floor sensor that together allow the ant to work out its location and identify objects to be grabbed by grippers at the front of its "head." The antennae double up as chargers for the lithium batteries that power the ants' movements. A radio module in the abdomen allows the ants to communicate with each other wirelessly. Just like their natural counterparts, the ants have six articulated legs.

Festo

The bionic ants are part of the developer's Bionic Learning Network.

- Festo works on transferring natural phenomena to engineering techniques and equipment.
- The technology firm says the factories of the future will have to produce customized products, meaning that they will have to adapt to different production requirements.

Festo says the way the ants are constructed is unique, too. Their bodies are made from a 3D printed, plastic powder melted layer by layer with a laser. The circuitry is also 3D printed on top of the body. Festo says this is the first time the techniques have been combined.

The ceramic legs and pincers are flexible actuators that move quickly and precisely without using much energy. Again Festo says the application of this so-called 'piezo' technology to miniature robots like its bionic ants is a first.

Festo plans to exhibit its robotic ants in April at the world's biggest industrial technology fair, Hannover Messe, where the German engineering company will also show off other recent creations like cooperative artificial butterflies.

REUTERS

Home marketplace

Amazon expands into professional services

Amazon is starting a home services marketplace that will connect customers with electricians, plumbers and painters in a move to have its services tied to every product sold on its website.

Amazon Home Services, will allow customers to buy 700 services such as car maintenance, TV wall-mounting and house cleaning at up-front prices. The quality of the service will be backed with an Amazon guarantee, which the retailer uses to vouch for products sold by third-party sellers on its website.

A home services marketplace will extend Amazon's role as a middleman for third-party vendors, which account for about 40 percent of its sales. It would also help Amazon gain an edge in the fast-growing services industry in the U.S. which the retailer estimates to be around $630 billion.

"Third party estimates show that customers spend four times more on services each year than they do on physical products," Peter Faricy, vice-president, Amazon Marketplace told Reuters. REUTERS

Shoppers

85M

Around 85 million Amazon shoppers buy products that require servicing or installation, the company said.

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Five things you need to know

1 Crash pilot had been treated for suicidal tendencies

The German pilot suspected of deliberately crashing a plane in the French Alps last week was treated for suicidal tendencies years ago before he received his pilot's license, German prosecutors said on Monday.

This was the first acknowledgement from German officials that the pilot, Andreas Lubitz, had suffered bouts of depression and it is likely to intensify a debate about how airlines screen and monitor their pilots.

Lufthansa, the parent of the budget airline, has said it was not aware of anything in the 27-year-old's past that suggested he might have posed a risk.

It has confirmed that Lubitz broke off his pilot training in 2009 for nearly a year, around the time he was reportedly suffering from depression and anxiety.

"Several years ago before obtaining his pilot's license the co-pilot was in a long period of psychotherapeutic treatment with noticeable suicidal tendencies," Duesseldorf prosecutors said in a statement on Monday.

They said that in recent years he had not shown signs of suicidal behavior or aggressive tendencies in visits to doctors. **REUTERS**

GERMANWINGS CHIEF OPERATING OFFICER OLIVER WAGNER /GETTY IMAGES

2 College rugby team suspended over chant

The rugby club at the University of Mary Washington in Fredericksburg, Virginia, has been suspended indefinitely because of what the college president described as a chant by several members with "sexually explicit, derogatory and violent language."

"No student on our campus should feel unsafe, ostracized or threatened," Rick Hurley, president of the university said in a March 19 email to the university community, which was made available on Monday.

Hurley said all members of the rugby club would be required to participate in sensitivity training. **REUTERS**

3 AIG chairman to step down in July: WSJ

American International Group Chairman Robert "Steve" Miller intends to step down in July after five years in the role, the Wall Street Journal reported.

Miller, a turnaround specialist, joined AIG board in 2009 and became chairman in July 2010, replacing Harvey Golub who resigned after clashing with former chief executive Robert Benmosche over the botched sale of the insurer's Asian life unit. Miller joined at a time when the insurer was hit hard by the financial crisis and had to be bailed out by the government. **REUTERS**

MILLER GETTY IMAGES

4 Indiana to clarify 'religious freedom' law

Indiana Republicans pledged to clarify a new "religious freedom" law, while similar proposals stalled in Georgia and North Carolina after businesses and activists said such measures could be used to discriminate against gays.

Arkansas lawmakers, however, signaled they would move forward with a similar law, even after Indiana was rebuked by companies and executives including Wal-Mart Stores and Apple CEO Tim Cook.

Indiana's law, signed last week, was perceived as going further than those enacted in 19 other states, giving businesses a right to refuse services on religious grounds. **REUTERS**

5 Stanford U investigating cheating allegations

A Stanford University provost is urging faculty members to talk to students about academic dishonesty after a "troubling number" of cheating allegations surfaced in one class, prompting the school to open an investigation.

"Among a smattering of concerns from a number of winter courses, one faculty member reported allegations that may involve as many as 20 percent of the students in one large introductory course," Stanford Provost John Etchemendy said in a letter sent to faculty members last week. **REUTERS**

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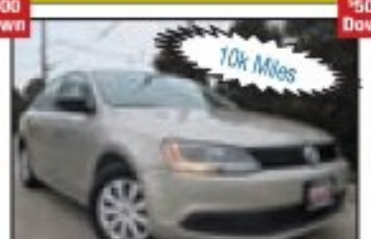

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One dead after vehicle tries to ram NSA gates

Injury. An NSA police officer injured in gate-crashing attempt.

An aerial view of a shooting scene at the National Security Agency at Fort Meade in Maryland is pictured in this still image take from video. / COURTESY OF NBC4WASHINGTON/HANDOUT

Two people tried to run their vehicle through National Security Agency's entrance gates near Washington on Monday before guards shot one of them dead, and the vehicle's second occupant and a police officer were injured, officials said.

The two, who were dressed in women's clothes and may be transgender, tried to drive their sport utility vehicle through an entrance gate at the spy agency's Fort Meade, Maryland headquarters, a senior U.S. official said.

Their motive was not immediately known but officials said there was no evidence the incident was linked to terrorism. One official said investigators were looking into whether drugs were involved.

The two people in a vehicle "attempted an unauthorized entry at a National Security Agency gate," the NSA said in a statement. The pair failed to follow a police officer's directions to leave the gate area and barriers were put up.

The vehicle accelerated toward an NSA Police car blocking the road at the base gate about 20 miles northeast of Washington. Officers fired at it when the driver refused to stop.

National Security Agency headquarters file photo. / GETTY IMAGES

The vehicle crashed into the police car. One of the vehicle's occupants died at the scene, and the cause is undetermined, the statement said.

An NSA police officer and the vehicle's second occupant were hurt and taken to a hospital. The Federal Bureau of Investigation is leading the probe into the incident, it said.

NBC News, quoting unnamed sources, said the two were driving in a stolen car. A gun and drugs were found in the vehicle, a Ford Escape, the network said.

Television helicopter footage showed two damaged vehicles outside the gates to NSA headquarters, located just off a major highway linking Baltimore and Washington. Video showed at least one person in uniform being wheeled to an ambulance.

One of the vehicles shown was marked "Police" and had its hood up. The other, a dark vehicle, had front-end damage.

The FBI added it was working with the U.S. Attorney's Office in Maryland to determine whether federal charges were warranted. REUTERS

Quoted

"The shooting scene is contained and we do not believe it is related to terrorism."

FBI said in a statement

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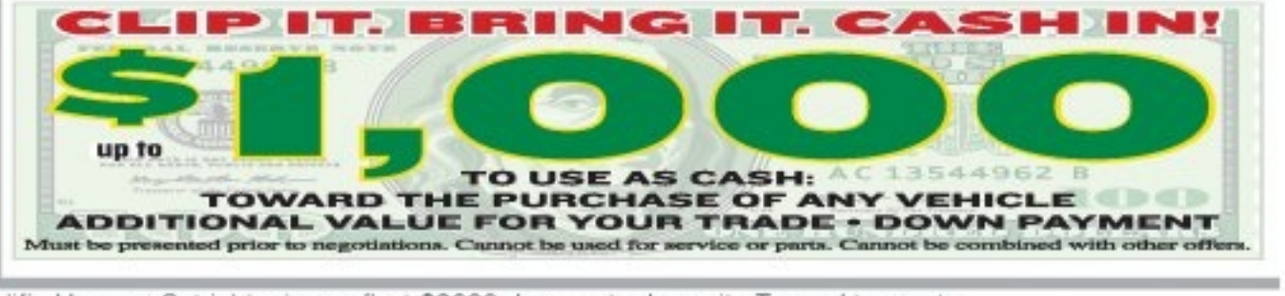
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Being your own boss. Many new grads are taking charge of their careers.

Millennials are reshaping the job market, putting a focus on flexibility and innovation, as opposed to the traditional nine-to-five job.

According to a survey released by Bentley University last year, 67 percent of millennials said their career goal involved starting their own business versus climbing the corporate ladder.

As they continue to enter the workforce, there is an increase in popularity amongst certain markets.

We take a look at a few:

DIY and homemade products

With the rise in websites like Etsy and Shopify, creating your own products and selling them are easier than ever. What would have once been a simple hobby has turned into a game changer for entrepreneurial-minded millennials. Not to mention the demand for homemade and unique products is booming.

Consulting and freelance

Freelance work is becoming increasingly popular amongst students and recent graduates. It is a way to gain valuable experience and put your educational expertise to work. Plus, it allows for a flexible and remote work schedule.

Freelancers are beginning to transform their side jobs into full-time businesses, because it allows them to escape the cubicle life and work on their own terms.

Social responsibility

Social responsibility is when an entity, such as an organization or individual has an obligation toward something that benefits society. One in three millennials said they boycott or support businesses based on causes. For new graduates or students who dream of going out on their own, these fields are great places to get started.

Fields like consulting are booming. / ISTOCK

The world of tech

Mobile app development

Just about everything is going mobile. They say there is an app for everything — and even if there isn't, young professionals are determined to make sure they fill a growing demand for accessible technology.

Having the knowledge and skill set to develop and build mobile apps is incredibly useful. When new grads couple this with the ability to create mobile-friendly websites, they possess a huge opportunity to pursue an entrepreneurial venture.

Talentegg.com is a job board and online career resource for college students and recent graduates.

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Looking for a lawyer? Here's what to ask

Legal. If you need an attorney, there are a few things you should know.

Shopping for the right attorney for your situation can be a daunting task, but knowing what to ask a potential lawyer can help make the process more manageable. It can also be the difference between choosing a good lawyer and choosing a great one.

Narrow it down

First things first: What do you need a lawyer for? "Narrowing your issue can help you limit your searches to the type of lawyer you need," says Dan Davoe, director of marketing at Legal Hero, an online network that connects clients with lawyers. "It seems like a small step," he says, "but it helps a lot." Once you've pinpointed what your legal issue is, your search becomes much easier.

Look for experience

Now that you know what needs to be addressed legally, it's time to find someone with the right background. "The issue is likely very important to you, so it shouldn't be a training exercise for the lawyer," Davoe explains. "Sometimes weird legal issues pop up that almost no one has experience it, but for the most part legal issues are relatively common, so make sure a potential lawyer can do the work needed."

What can you save money on?

Michael Fienman, criminal defense attorney at Fienman Defense LLC, says don't be afraid of making money a priority when vetting candidates to be your lawyer.

"Asking some questions up front can save you from an unfortunate surprise later on," Fienman says. "Most attorneys, but not all, offer free legal consultations. That's something you should inquire about before committing to a phone conversation or an in-person appointment."

JULIA WEST
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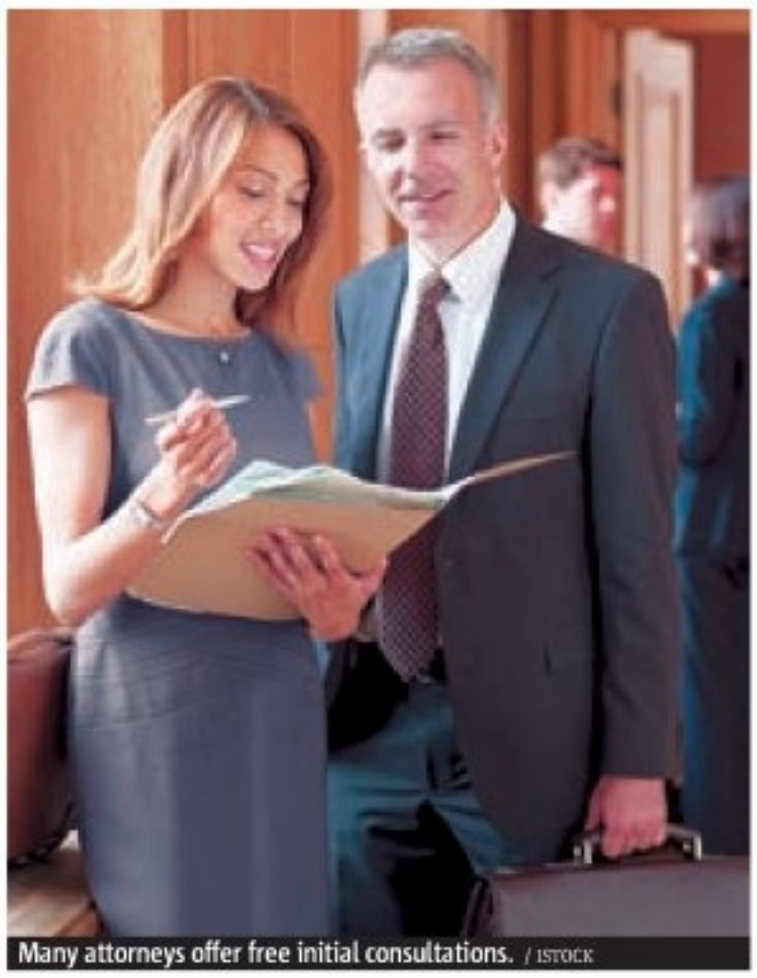

Many attorneys offer free initial consultations. / ISTOCK

Large firm v. single attorney

Michael Fienman tell us the benefits of hiring a solo practitioner versus a large firm.

Hire an individual:

- You'll get personal attention to your case.
- It might be faster to get your attorney on the phone.
- It might be easier to schedule a trial since a single lawyer is working on fewer cases at once.

Hire a firm:

- Many larger firms have been around for a while, so there's more to find when you look into their reputations.
- With a firm, it's easier to pass everything off and not give input.
- If your case is unique, a firm could be more likely to have someone on staff with the exact right experience.

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TY is a life member of the Multi-Million Dollar Advocates Forum and 4x named one of PA Rising Stars and 2014, 2015 Super Lawyers by publisher of Philadelphia Magazine. His experience in medical malpractice cases includes representing victims with birth injuries, brain injuries, spinal cord injuries, cerebral palsy, amputation, paralysis, stroke, cancer, and death. Medical mistakes causing severe injury and/or death of the victims include delay in cancer diagnosis, improper treatment of cancer, radiological misdiagnosis of cancer, pathological misdiagnosis of cancer, emergency room mistakes, medication mistakes, surgical mistakes, orthopedic mistakes, neurosurgical mistakes, nursing mistakes, pharmacy mistakes, obstetrical mistakes, mistakes in treating transplant patients and mistakes in other medical diagnosis of conditions. The spectrum of cancer cases that TY has handled include colon cancer, breast cancer, lung cancer, skin cancers including melanoma, lymphoma, myeloma, stomach cancer, ovarian cancer, uterine cancer, cervical cancer, bladder cancer, kidney cancer, pediatric cancer, salivary gland cancer, soft tissue cancer (sarcoma), and bone cancer.

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The basics of starting a business

In all the excitement of starting a business, some legal issues can get brushed aside. / ISTOCK

Avoid mistakes. Don't forget the legal side of being a small business owner.

Small business owners know that no detail can go overlooked. But in the midst of budgeting and planning, the legal aspects can sometimes be brushed aside. We spoke with local attorneys to learn what someone starting a small business should know.

For starters, there's the business idea itself. "Protect your intellectual property so that other companies don't steal your inventions, ideas or brand," recommends Elizabeth Sigety, partner at Fox Rothschild LLP.

Christine A. Reuther, shareholder at McCausland Keen & Buckman, agrees. "Many small business operators make the mistake of plunging into a new business without doing a substantive business plan," she says. "People starting businesses tend to have great ideas and want to realize their visions without realizing that the underlying business operations are as critical as the vision."

Sigety also suggests that all owners of a business get on board in the beginning. "Set out in a precise, signed agreement the details of the arrangement between the owners of the business," she says. "As for the agreement between owners, typically the founders of the company get along great in the beginning but, as time goes on and the company evolves, the founders' memories of what was the deal and perceptions of what they deserve frequently change — which can result in disputes between founders."

Answer these first

Key questions

Reuther tells us what to ask at the beginning.

Who: Who is involved? Will there be partners? Will there be employees?

Where: Where will you be doing business? In your house or a rented space? Is it going to be an Internet business? Where will employees be working?

Quoted

"Protect your intellectual property so that other companies don't steal your inventions, ideas or brand." Elizabeth Sigety, partner at Fox Rothschild LLP

W2 vs. 1099

Ian Meklinsky is also a partner at Fox Rothschild LLP, and he stresses the importance of deciding early on if you're hiring employees or contractors — and understanding what the difference is.

"This decision, if made hastily, can cause significant financial problems later. The failure to properly characterize an individual can result in back wages being owed to the individual and a significant amount of taxes being owed to the government," says Meklinsky. It's one of the biggest mistakes he sees — but it's also one that can be avoided.

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‘The Daily Show’ stays guy-centric

Late-night host. Trevor Noah seems great and all, but why not a woman?

The search is over: South African comedian Trevor Noah will be your new “Daily Show” host.

When Jon Stewart first announced in February that he’d be stepping down from his post this year, a lot of the initial speculation focused on correspondent Jessica Williams, who quickly excused herself from the running. “Thank you but I am extremely under-qualified,” she tweeted.

Even without Williams as a contender — and as good a fit for the job as Noah seems to be — did the “Daily Show” miss an opportunity by not finding a woman to take Stewart’s place in the male-dominated late-night TV world?

The last few years have seen a familiar pattern: Jimmy Fallon taking over for Conan O’Brien and then Jay Leno; Seth Meyers stepping in for Fallon; James Corden succeeding Craig Ferguson; and Larry Wilmore taking over for Stephen Colbert, who is replacing David Letterman.

“Late night is still dominated by straight, white men, so any hiring decisions that fall outside those three qualities adds to the diversity of the field,” says Huffington Post senior comedy editor Katla McGlynn. “Unfortunately for female comics, Fallon, Kimmel and Meyers aren’t going anywhere anytime soon. Someone will probably create a new late-night show hosted by a woman before a show is turned over to one.”

Speaking of, we currently only have one woman in late night — Grace Parra, co-host of Fuse’s pointedly named “White Guy Talk Show — until Friday when Grace Helbig’s show premieres on E!.

Parra, for her part, is looking forward to seeing what Noah can do. “He’s an exciting choice,” she says. “I don’t think there’s a harder job to fill in television right now, so you need someone young and kind of new to the scene.”

Her ideal situation at “The Daily Show,” though? “I was really gunning for a Jason Jones-Samantha Bee co-hosting situation, like a real-life Ron Burgundy and Veronica Corningstone from ‘Anchorman,’” McGlynn says. “I think a lot of people woke up and Googled ‘Trevor Noah’ Monday and were confused after all this hope of someone big like Tina Fey getting the job. But if they did their research, they found out that he’s a really smart, funny stand-up comic.”

As for Williams, she “would have a been a great choice,” McGlynn says. “She’s also young and has a long career ahead of her. She will probably do a lot of different things creatively during the span of Noah’s tenure as host.”

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

Trevor Noah will be taking over “The Daily Show” from Jon Stewart. GETTY IMAGES

Quoted

“I think Trevor Noah is hilarious and really smart. Good on ‘The Daily Show’ for showing that choosing a qualified successor for a very important job should not take 130 days.” Lizz Winstead, co-creator of “The Daily Show”

2 CULTURE

Who is Trevor Noah?

Get to know the next host of ‘The Daily Show’

Trevor Noah started out as an actor and appeared on soap operas before committing full-time to comedy. In South Africa, he hosted his own late-night comedy show, “Tonight with Trevor Noah,” and has filmed four stand-up specials.

In 2012 he became the first South African comedian to appear on “The Tonight Show,” and later the first on “The Late Show with David Letterman.” Since December, Noah has appeared three times on “The Daily Show,” and each appearance has pushed boundaries while still being hilarious. MATT LEE

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Don't just stay young, stay 'Younger'

"Younger," with Sutton Foster, right, premieres Tuesday at 10 p.m. on TV Land. / TV LAND

Interview. Sutton Foster says she's no more hip than her social media-confused character on "Younger."

It's no secret that our culture is pretty youth-obsessed. But a new show on TV Land seeks to take that concept to another level: In "Younger," 40-year-old recent divorcee Liza can't break back into the job market in the entry level jobs she needs, so she pretends to be 26. The show stars Broadway actress Sutton Foster (as well as Hilary Duff), and comes from "Sex and the City" producer Darren Star, who brought along his prior show's costume designer, Patricia Field. We talked to Foster about how it feels to have to act 15 years younger.

What made you want to sign on for this show?
I'm not your typical leading lady. I always joke that I don't see myself in this daily crime drama where I'm the steely secretary in the pin skirt, or something. Liza was just quirky and funny and the show was smart and I liked this idea. I was like, oh, there's so much potential of where this character could go and what the stories could be, and it just seemed like something that would be fun. I liked the idea of working with Darren Star.

You're in a pretty age-obsessed industry. Do you also feel pressure to look younger?
It was interesting to be playing this part and then also facing my own 40th birthday, and what that means and all that stuff. Being in this show and filming, I never thought about my age more in my life. Even the way I looked, I never really thought about it. In the theater it's a little different, but on camera, it's more revealing. But on our show, it's incredible, because three of our leads are over 40. We're all in our 40s. There's such a quest for holding onto youth in our industry, like this idea that we have to still look like we're 20.

Are you a little more hip than Liza?
Not so much. I'm pretty much on par with her, in her 40-year-old vein. But it's been fun to be dressed for the show. The whole wardrobe is incredible, and [costume designer] Pat Field is amazing. And some of the clothes that they put me in, I'd be like, is this what the young people are wearing these days? And then [co-star] Hilary [Duff] would walk in to do a table read, and I'd be like, oh my gosh, totally! She's all hip and cool, and I'm so not hip and cool. I'm such a jeans and T-shirt girl. I can't pull this stuff off in my real life. I feel like such a poser.

Designer chic

Costume changes

What's it like being dressed by Pat Field?
When I first met with her, I was like, I'm a blank canvas. I have no sense of style. And she was like, score! I just told her, as long as I feel confident and it's flattering, I'm good. I feel like the clothes have a sense of humor, and a sense of fun and play. ... I feel like wardrobe plays a character in the show.

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Mariah Carey and Brett Ratner romance rumors? I guess?

This one is a bit of a head-scratcher. Freshly divorced Mariah Carey has been spending enough quality time with director and longtime pal Brett Ratner that romance rumors about the two are starting to crop up. No, seriously. They each had a birthday over the weekend and decided to join forces to celebrate, displaying supposedly extra-affectionate behavior during the festivities, prompting the speculation. Carey's rep, for the record, calls the rumors "ridiculous," telling People magazine that "they have been best friends for a very long time."

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THE WORD

Ned Ehrbar takes on the world of gossip.

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Wait, this 'High School Musical 4' stuff is serious?

How did we all somehow miss that there was talk of a fourth "High School Musical" movie? And that apparently Zac Efron starring in it was a real possibility? Well, this is the world we live in now. "It was not a possibility until Zac overcame what his friends are calling his 'dark period,'" a source tells Star magazine. Also, director Kenny Ortega "would only do the film if Zac Efron and Vanessa Hudgens were brought back as the leads." So how is Ortega getting Efron back in the fold? By helping him get sober. "When Zac was down in the dumps, Kenny was there every step of the way. Zac says he is ready to reprise his role in 'HSM4,'" the source says.

One Direction moving on from Zayn quickly

This is how you know Zayn Malik is really, truly, for sure out of One Direction: He's officially been edited out of the intro videos at the band's concerts. But what's next for the remaining members? Possibly a return to reality TV, according to Radar Online. "Simon Cowell is really pushing to do a 'search for the fifth member' sort of reality show. Simon and the management team think that it is kind of a spectacular idea and they know that the ratings would be enormous," a source says. "Quartets never stay afloat in the boy band world." I think Boyz II Men and Color Me Badd would beg to differ.

Little-known fact: One Direction started trying to leave Zayn out of photos back in November 2014.

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The women who don't want kids

Anthology. A new book breaks down the myth that childless adults hate kids and just want to sleep in.

Meghan Daum is the editor of the book "Single, Selfish and Self Absorbed," which includes 16 essays by writers such as Lionel Shriver, top, and Sigrid Nunez, bottom.

DAUM: PROVIDED; SHRIVER AND NUNEZ: GETTY IMAGES

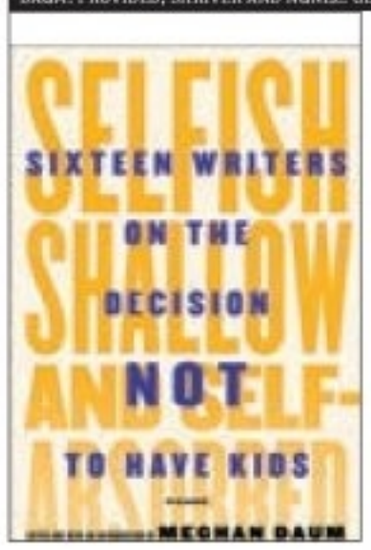
Journalist Meghan Daum is sparking a lively conversation with her new book, "Selfish, Shallow and Self-Absorbed" (out today), a collection of essays by 16 writers about how they came to the decision to remain childless. We talk with her about the stigma many childless adults face.

'No one believed me'

"When I was in my 30s, I would pitch this idea to magazine editors, wanting to write about what it was like to be single and dating, knowing you don't want to have kids — if it changes the choices you make in terms of people you went out with, but no one would believe me," Daum tells us. "They'd say, 'You'll change your mind. Come back in five years.'

'The conversation needs to be reframed'

When people do talk about childless adults, Daum says they are often called "selfish," and thought of as just wanting to sleep in and not as loving.



"Are parents selfish? Is it selfish not to have kids? The word is volleyed back and forth. It's an over simplistic and counterproductive way of thinking about this," Daum says.

'There needs to be room for ambiguity'

The essays in the book vary greatly, and it should be noted that they include three by men as well as the 13 by women. Lionel Shriver always knew she didn't want kids; others struggled with the decision. Rosemary Mahoney, for example, went as far as having IVF in her 40s before realizing that having a child was just something she wanted to want.

"I think it's important to understand that just because you've made this decision and you're happy with it and it's the right decision for you, doesn't mean you're not going to have moments where you think, 'Am I missing something?'" Daum says. "There needs to be room for ambiguity and even a little ambivalence."

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Instead of butter, try Greek yogurt punched up with chile pepper, lime and salt on your roast corn. ALL PHOTOS PROVIDED

The Mexican food we know and love is about as authentic as American Chinese food. Just as the latter isn't known for thick sauces, peanuts or frying, the Mexican food that Dos Caminos chef Ivy Stark saw on a recent cross-country trip south of the border didn't feature many of the ingredients we expect.

"I want to dispel the myth that melted cheese and sour cream are authentic Mexican food," she says.

Cheese, in fact, is a rarity — she found none in central Mexico, or the coast. It was actually Mennonites who settled along the border who popularized it. Another missing "staple" on every menu here: quesadillas as we know them.

What you do get is cuisine rich with vegetables, which are cheaper than meat. Sauces are made with roasted veggies, spices and sometimes nuts. After her trip, Stark created a whole new, healthier menu for her restaurants, and shared with us the tips on how, through changing techniques and ingredients, you can capture authentic flavors in dishes that are more nutritious and less fatty.

Roast your vegetables

Stark revamped her guacamole for the new menu, giving it a smoky depth of flavor with roasted jalapeno peppers. "Roasting is a really good technique because it concentrates the flavor," she says.

Change your wrapper

Replacing flour tortillas with corn saves calories, makes the dish gluten-free (one of the few items with gluten on a Mexican menu) and cuts out any potential hydrogenated oil. Cook it on a griddle to crisp it up instead of frying it.

Put out the fire

Stark worked with nutrition and stainability consultants SPE Certified, who recommended not putting proteins, including fish, on the grill — the charring can cause carcinogens to form. But you can still grill vegetables like corn and asparagus. "Grilling is also a really good technique, especially if you're looking to not use any fat," she says. "It's really delicious for corn, squash — everything tastes good on the grill because you get that smokiness against the sweetness of the vegetables. And it's easy!"

Healthier egg hunt alternatives

While there isn't a historical basis for chocolate and candy at Easter, not having them to look forward to after the ham and deviled eggs would be like missing a course. But their ingredients can be not-so-sweet: Most jelly beans are made with high-fructose corn syrup, and nearly all major chocolate brands contain emulsifiers, which a recent study linked to metabolic disease in mice. But don't cancel the egg hunt yet; here are some healthier choices for the Easter Bunny to stash. EVA KIS

Surf Sweets Organic Spring Mix Jelly Beans

These jelly beans are not only free of artificial colors, flavorings and corn syrup, they are made with organic fruit juice. They're also tastier than what's glutting all the supermarket shelves, in flavors like tropical punch, pineapple and watermelon (you may not even recognize the natural version!) **$4.99 for 8 oz., surfsweets.com**

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Stay light on your feet at FlyBarre

This class packs some serious upper body action too.

LINDA CLARKE
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Kara Liotta created the heart-pumping interval class. PROVIDED

It's been four years since FlyBarre began in New York City; since then it has spread to Flywheel studios nationwide. To mark the occasion, we checked out a class to see how it holds up among the increasingly crowded field of fusion fitness.

Program director and master instructor Kara Liotta says don't worry about bulking up with the muscles you'll build at FlyBarre. "It's about lengthening muscles and body sculpting," she says. "The fundamental shapes are dance. But it's not dance. It's not yoga or Pilates, but it includes yogic disciplines and lots of core strengthening."

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A former professional dancer with certification in vinyasa yoga, Liotta designed the class with fusion elements in mind. The class comes in three formats: a 60-minute workout with a yoga-style stretch in the middle; a more intense 45-minute blast; and the sports class, with more cardio and heavier weights.

"Men often prefer the sports class, because the moves are bigger and more familiar," says Liotta.

There is a fourth way, though: "People do them stacked," Liotta adds, meaning back-to-back Flywheel and FlyBarre classes. "That gives maximum benefit."

For lesser mortals who still want Flywheel's intense cardio, alternating the two classes jazzes up your routine and covers all bases.

Inside the Workout

FlyBarre

Two exercise bands, one low and one higher resistance, and hand-held medicine balls are on the barre lining the room. Two sets of weights are also used, with three heaviness options. High reps are an important feature and there comes a moment when "pulsing it" feels less gentle than the words imply, because by that time you're really working it. Everything from arms to feet is lengthened and strengthened, kicking up your circulation from top to toe — because you're barefoot, even your tootsies get a good flexing.

Bottom line: Familiarity with yoga, Pilates and classic dance is an advantage in prepping for the moves, but it won't make this sweat session any easier. If feels great to discover smaller muscles groups outside the usual abs and glutes. (It's often the small ones that secretly tighten and cause movement restriction.) Don't worry, the big guys — butt, arms, thighs and upper core, both front and back — get their turn too. Because FlyBarre ticks the hot-button HIIT box, you're soon onto the next move, so exercises don't become (too) excruciating. Unusual for a group class, FlyBarre doesn't feel competitive, and you can work at your own pace. Because of the dance element and intense core strengthening, the class can help with poor posture, which in turn promotes good joint and organ health. Oh, and it makes your figure more attractive too.

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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

Knowing when to reach out to a friend or relative can be life-saving. ISTOCK

Once again, mental health was thrust into the spotlight last week when a suicidal German pilot crashed a passenger jet into the French Alps. In the aftermath, horrified colleagues wondered at the pilot's ability to conceal his emotional turmoil. But his close friends reported that he had been withdrawn over the past several months, raising the question, "Could this have been prevented?"

It's one that seems to be asked with increasing frequency in the wake of Newtown and similar acts of violence carried out by mentally troubled individuals. Could things have gone differently if we could be more open and honest about mental health? What if mental health were regarded with the same compassion and vigilance as physical health?

Addressing such questions is the goal of the Campaign to Change Direction, a new nationwide initiative backed by first lady Michelle Obama that aims to change the dialogue about mental health. One of its major goals is raising public awareness of the signs of mental illness, with the hope that emotional suffering can be treated and tragedies averted. These are the five red flags that a person may be in distress:

Personality changes

These can be sudden or gradual. The person may seem different; they may say or do things that are seem odd, or inconsistent with their usual values.

Agitation

You may notice that a person seems uncharacteristically agitated, irritable, anxious or moody. Because they are quick to anger and have trouble calming down, you may feel like you are walking on eggshells.

Isolation and withdrawal

Someone who used to be socially engaged may pull away from family and friends, and stop participating in activities he or she used to enjoy. In more severe cases, the person may start failing to make it to work, school or appointments, even with a therapist.

Poor self-care

Aside from neglecting their hygiene, the person may engage in risky behavior, such as abusing alcohol or taking drugs.

Hopelessness

A person who used to be optimistic can't find anything to be hopeful about. He or she may be plagued by feelings of guilt and worthlessness, and convinced that their situation will never improve. This may be a sign that he or she is contemplating suicide.

If you notice one or more of these signs in a relative, friend or colleague, approach them with compassion and concern. Show your willingness to help, even if the individual may not have the will or drive to heal. It may take more than one offer, and you may need to marshal the support of others, but you might just save a life.

Turn your baby into their own DJ

Quiet Night can help your baby soothe himself. QUIET NIGHT

No luck getting your baby to fall asleep because of constant crying? A new device uses the power of music, promising to cut crying time by up to half.

Quiet Night, the so-called "baby iPod," plays music customized by your child.

"It's about control over environment," says developer Ben Way. "Babies generally have none, and this frustrates them."

The system uses a smart handle so your baby can control the music being played; the longer they hold onto the handle, the more they are enjoying it, and the app learns which tunes they prefer. "It keeps the child engaged and also helps them learn and by keeping them occupied, so they cry less," Way explains.

The gadget, intended for babies from 3 months to 2 years, was inspired by the work of a Bristol University psychologist who spent over 20 years researching how music influences babies. The tunes span four categories — acoustic, classical, instrumental and "simple" — and stimulate brain development.

Quiet Night is seeking funding on Indiegogo, with over $39,000 raised of its $100,000 goal. The app works with iOS and Android devices, and costs $69 to $199. WANISE MARTINEZ

Horoscope

♈ Aries | March 21-April 20
Be proactive. Gains are likely if you share your ideas and enlist people who can help you make your dreams become reality.

♉ Taurus | April 21-May 21
Stubbornness will be your downfall. Go the extra mile required to keep the peace with family. Unless you are asked, keep your opinions to yourself.

♊ Gemini | May 22-June 20
Love and romance are in the air. The person who holds a special place in your heart could be looking for a solid commitment.

♋ Cancer | June 21-July 22
Work independently today. Trying to explain yourself to others will slow down your progress and lead to interference and frustration.

♌ Leo | July 23-Aug. 22
Envision the future you desire. Make changes that will bring you closer to your goals. Improvements to your education will lead to greater prosperity.

♍ Virgo | Aug. 23-Sept. 22
Lighten up and do your best to have fun. If you are feeling unhappy or bored, get together with someone who makes you smile.

♎ Libra | Sept. 23-Oct. 22
Delve into a new creative project. Family members may be extra sensitive, so find a corner and busy yourself doing what you enjoy.

♏ Scorpio | Oct. 23-Nov. 21 Despite your high energy level, it's important that you don't take on more than you can handle. Say no to anyone putting too many demands on your time.

♐ Sagittarius | Nov. 22-Dec. 21 The opposition will have trouble keeping up with you if you take action and follow through on the ideas that you've been harboring.

♑ Capricorn | Dec. 22-Jan. 20 Make deals that will improve your financial position or status. Solid long-term investments will help add more stability.

♒ Aquarius | Jan. 21-Feb. 18 You will make new friends and connect with influential people if you get involved in educational pursuits.

♓ Pisces | Feb. 19-March 20
If your skills are not being put to the best use, consider working for yourself. The activities that stimulate you will improve your financial position. EUGENIA LAST

Sudoku: Easy and hard

					4	9	1	
3		4	8				5	
	9				2	4		3
			3			7	8	9
				9				
9	8	1			6			
5		9	1				6	
	6				5	1		7
	3	8	2					

	2	5		1		4		
1	4	8						6
		9					1	
				7	5	1		8
			2		4			
5		2	8	6				
	3					5		
9						8	6	1
		6		9		2	4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Fight against nuclear future

Having spent two summers in Hiroshima and Nagasaki, I have seen the inhumane effects of nuclear weapons first-hand. Consequentially, I am appalled that certain members of Congress seek to foil nuclear negotiations between the U.S. and Iran.

By threatening to sabotage diplomacy, they are jeopardizing global stability. Earlier this month, forty-six members of Congress sent a letter to the Iranian government, pledging to block any joint agreement.

While 68 percent of Americans favor diplomacy with Iran, the senators aim to increase sanctions instead, a strategy that has failed in the past.

If an agreement is not reached, other nations in the area have stated that they will seek nuclear weapons; I suppose proliferation is not a concern of theirs, who shamelessly pursue their own interests at the expense of a peaceful resolution.

I will not sit idly by while members of Congress push Iran away from the negotiating table and our world away from a safe and nuclear-weapon-free future.

MARY POPEO, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

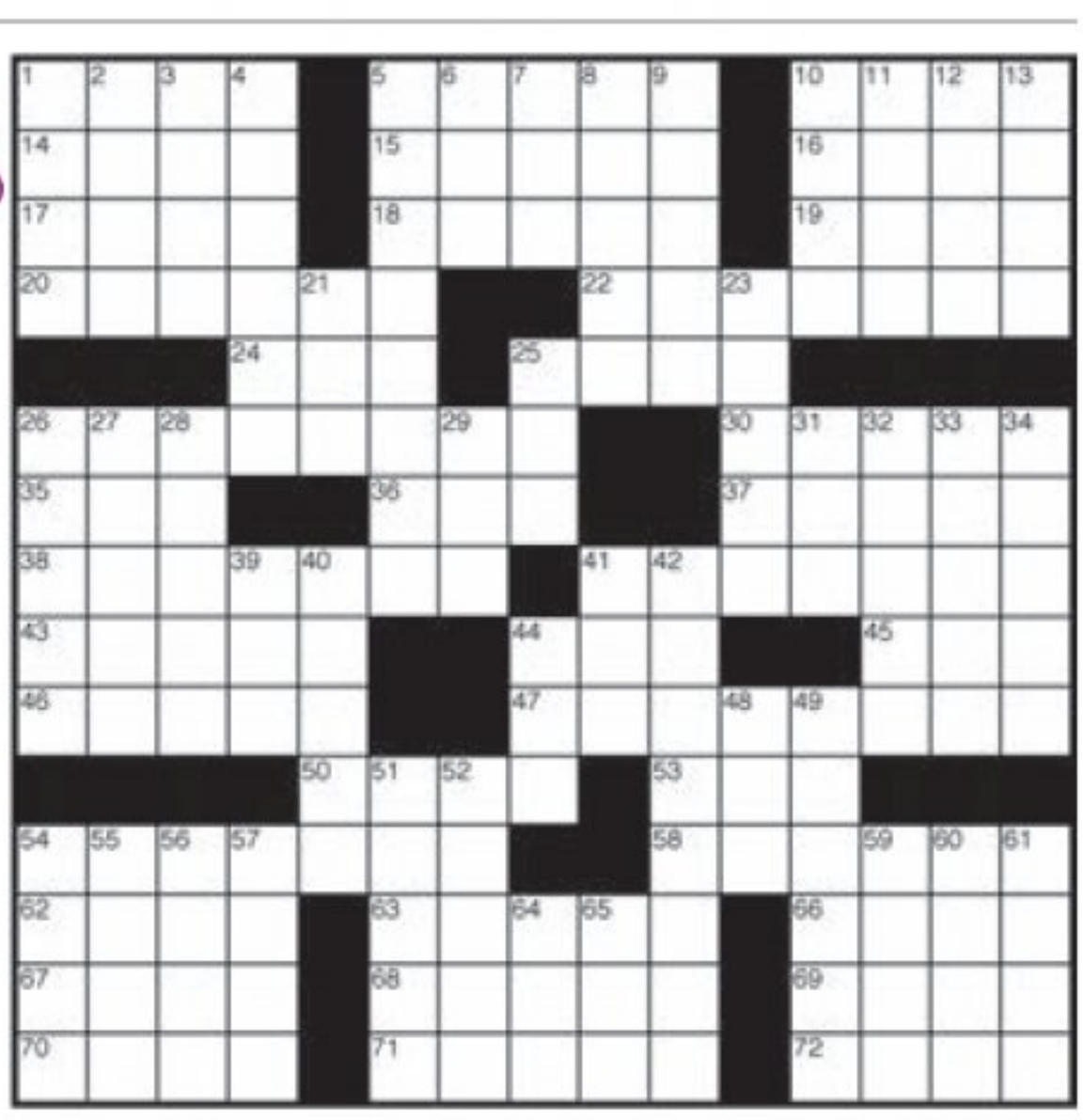
Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Roy Orbison song
5 Important
10 Pitch a tent
14 Diva's rendition
15 House
16 Toward shelter
17 A throng
18 Tears to pieces
19 Pro — (in proportion)
20 Reunion invitees
22 More sassy
24 One — — kind
25 Talking bird
26 Cop's wheels (2 wds.)
30 Where to see stars
35 Email provider
36 Coll. credits
37 Surfer slang
38 On the move
41 Letting up
43 Steal the scene
44 Low card
45 Job-ad letters
46 Germ killer
47 Versatile (hyph.)
50 Shah's land
53 Trial VIPs
54 Makes a pit stop (2 wds.)
58 Tree sprites
62 "Peanuts" girl
63 Memory glitch
66 Toast topper
67 Skunk's defense
68 Ohio Indians
69 Patricia of "Hud"
70 Mouthful
71 One-pot dinners
72 Cartoon chipmunk

Down
1 The Dalai —
2 Of an historic time
3 Japanese aborigine
4 Loft
5 Fiesta music
6 Homer Simpson's dad
7 Voight of films
8 In a weird way
9 Amber, e.g.
10 Bottom feeder
11 Jai —
12 Give out sparingly
13 Fruit tree
21 Goodell's org.
23 Ottoman VIP
25 Half a couple
26 Committee
27 Spacious
28 "Miami Vice" actor
29 Bow shape
31 Greenhouse buy
32 Word of parting
33 Minolta rival
34 Sidled past
39 From — — Z
40 Salami sellers
41 Hole puncher
42 Daring
44 Get some sun
48 — Bradbury of sci-fi
49 "Puppy Love" singer
51 Gets crowned
52 Separate
54 Lump of jelly, say
55 Autobahn vehicle
56 Bagpipes player
57 Fictional governess
59 Courtroom bargain
60 Recover
61 Shoe part
64 Crusty dessert
65 Embroider



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3

SPORTS

Pirates 18, Phillies 4

Eflin, Phillies pounded

Zach Eflin made his Phillies debut Monday and gave up four runs (one earned) in three frames of work in a blowout. Kevin Slowly, a hurler vying for the fifth starting spot in the rotation was shelled for six runs, five earned in two innings. Freddie Galvis had two hits and two RBI.

Temple may have city's only title chance

NIT Tournament. The Owls are two wins away from bringing home a championship to a city mired with losing teams.

The Temple Owls won the first ever NIT held in 1938.

And since then, all they've done is collect the sixth most wins in NCAA history out of 477 school playing Division I basketball. But aside from Elite Eight runs in 1999 and 2001, the Owls have not hoisted any national banners in the Liacouras Center (aside from almost three dozen combined A-10 regular season and tournament titles).

That could change this week, as the Owls take on Miami in the NIT's Final Four at Madison Square Garden Tuesday at 7 (on ESPN).

"It's the stage of all stages," said Temple senior Will Cummings, an all Big-5 team member this season. "Everybody's played there. I know I played there when we beat Syracuse, and everyone who plays basketball should get a chance to play in Madison Square Garden."

The Owls are 26-10 after going 9-22 just one season ago. They are winners of 14 of their last 17 contests and making their fifth trip to NIT semifinals.

"I think their mind set is in a very good spot," coach Fran Dunphy said of his guys, "but they know how good a team Miami is."

Quoted

"I'm not satisfied at all. I still have two games of college basketball in my career." Will Cummings

The Hurricanes (24-12), are making their first appearance in the semifinal round in 12 NIT tries. Jim Larranaga's squad is led by guard Sheldon McClellan, who averages 14.4 points per game.

Though after convincing wins in the last two rounds, the Owls are not scared of the No. 2-seeded Hurricanes from the ACC.

"I made the statement: We are going to win the NIT," Cummings said. "This is how I envisioned it and we are doing every little thing we can to keep it going now."

It is both a curse and a blessing that Temple is vying for a title in New York City. Just a few weeks ago on Selection Sunday, the committee left the Owls out despite their strong NCAA tournament resume. And in all likelihood, as a lower seed the Owls would have emptied their lockers by now.

"We are still kind of bitter about it," Cummings said referencing the snub. "Our job is to keep playing basketball and win games. We let everyone make those arguments."

Can Cummings end his Temple career on a high note? / TEMPLE ATHLETICS

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Receiving depth

Eagles expected to sign Austin

DeMarco Murray could be joined by an old offensive teammate if NFL.com reports are true. The website says the Birds met with former Cowboys and Browns wideout Miles Austin Monday.

If he passes a physical, he is expected to sign with the Eagles to help provide some depth in their now depleted receiving corps.

A New Jersey native (he went to Monmouth), the 30-year-old would join pass catchers Riley Cooper, Jordan Matthews, and Josh Huff for the Eagles.

Austin made the Pro Bowl with Dallas in 2009 and 2010 but has dealt with injuries lately. METRO

The warrior will stay

Eagles, Ryans agree on one-year extension

With some new faces on defense, it should be comforting to Eagles fans that inside linebacker and locker room leader DeMeco Ryans agreed to a one-year extension with the team Monday.

The new deal will keep Ryans in Philadelphia through the 2016 season.

A two-time Pro Bowler and AP All-Pro selection, Ryans leads the Eagles in tackles since being acquired by the team in a trade with the Texans during the 2012 offseason.

The signing fuels speculation that with Kiko Alonso acquired earlier this month, Mychal Kendricks could be on the trade block. Or, Ryans could be a smart move to add depth and leadership. METRO

NHL power rankings | by Rich Slate

No. 1

Ducks (49-22-7)

The only top team that had a good last week was the Ducks. Anaheim has won its last three straight games and they have the most points (105) in the NHL. The Ducks only have four games left in the regular season in their quest for the No. 1 seed in the Western Conference and Presidents' Trophy (for best record).

No. 2

Canadiens (47-21-8)

With the Rangers' back-to-back losses over the weekend, Montreal was able to slide back into the top spot in the East. The Canadiens have one more point (102) than New York but the Rangers have one game in hand. If the playoffs started today, the Canadiens would play the Bruins, just saying.

No. 3

Rangers (47-21-7)

For the first time in what feels like weeks, the Rangers are not playing that great. It was a strange weekend as they barely showed up for a 4-2 loss at Boston Saturday then followed that up with a 5-2 loss to the Capitals Sunday at home. Henrik Lundqvist made first start in nearly two months vs. Boston.

No. 4

Predators (47-22-8)

The Predators clinched a playoff spot over the weekend but they have more work to do to win the ultra-competitive Central. Nashville is up three points on St. Louis but the Blues have two games in hand. It is a quiet week in Music City with home games against Vancouver Tuesday and Dallas Saturday.

No. 5

Blues (46-22-7)

The Blues still control their destiny in terms of lofty goals like the No. 1 seed in the West and a Central Division title but it will take a much better effort than the one exhibited in Saturday's 4-2 loss to Columbus. Left wing Alexander Steen (24 goals, 38 assists) is out with a lower body injury at the worst time.

No. 6

Lightning (46-23-7)

It's not a title that any team wants at this time of the year (or ever) but the Lightning appear to be more banged up than any other playoff team. Defenseman Jason Garrison is out three-to-four weeks while defenseman Andrej Sustr is out one-to-two weeks and center Tyler Johnson is also out.

No. 7

B'Hawks (45-24-6)

The Blackhawks have the Wild breathing down their necks (only 1 point behind) so Sunday's 4-3 win at Winnipeg was huge for many reasons. Chicago is 6-3-1 in its last 10 games and they have another tough contest on Monday vs. Los Angeles. It is a tough upcoming week for the Blackhawks.

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MACNOW: SANDBERG WRONG MANAGER FOR WRONG TEAM

How long will Sandberg's Phillies tenure last? / GETTY IMAGES

Let's start with this: If Ryne Sandberg manages with the strategic brilliance of Tony La Russa, assesses talent like Bobby Cox and grows as beloved in the clubhouse as Joe Torre, well, this year's Phillies might win 72 games. This is a bad team Sandberg directs, and even channeling Casey Stengel won't put them in the playoffs.

But Sandberg is none of those Hall of Fame managers, and carries none of their attributes. So a poor team stands to be more wretched.

It says here 61 wins. And 101 losses.

And come October, my Ouija board tells me, when GM Ruben Amaro gets the Howie Roseman push upstairs, Sandberg will be thanked for his service and handed a plane ticket back to Spokane. It's inevitable. His tenure — like everyone else going on with this fallen franchise — is just marking time in 2015.

I'll concede that I liked Sandberg's hiring back in 2013 (although I thought it graceless for the Phils not to let Charlie Manuel finish out the season). The Hall of Fame second baseman promised attention to detail and the tightening of a ship that was drifting under the weight of its declining veterans.

Opinion

GLEN MACNOW

REALGLENMACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

But who knew we were getting Captain Queeg? Sandberg opened 2014's camp by alienating Jimmy Rollins. He proceeded to have personality clashes with veterans (Cole Hamels, Ryan Howard) and youngsters (David Buchanan, Dom Brown). In some cases, the players deserved heat for loafing or disrespecting the manager. But overall, Sandberg showed himself a poor handler of major league egos — the exact strength that kept his predecessor around for almost nine years.

That's one element of the job. Another is, well, actually managing the games. Once again, nothing that occurred in 2014 showed this skipper to be the person this franchise ought to grow with. Sandberg displayed a baffling inconsistency in his use of players — once benching Cody Asche after a four-hit game, another time leaving Brown in the lineup for days following his loafing after a fly ball cost the Phils a game.

In other areas, Sandberg has been a by-the-book button-pusher, offering little imagination. To be fair, his roster doesn't lend itself to creative use. This season, the emphasis is on "small ball," which mostly means giving away several of your 27 precious outs through sacrifice bunts. But hey, that's a personal gripe, plenty of respected baseball people espouse that strategic nonsense.

And so we'll watch and wait. Sandberg admitted over the winter he needs to assert himself more. But speaking louder and saying the right things are two different entities. Take it from someone who's spent two decades in talk radio.

In January, Amaro issued this strange semi-endorsement through Jim Salisbury of Comcast SportsNet: "I think Ryno has the instinct to do it, but he's got to do it. Just like I have to do my job, he has to do his job, and the coaching staff has to do their job, and the players have to do theirs."

Sounds like a slogan for the season.

Macnow on Sandberg

"Sandberg will be thanked for his service and handed a plane ticket back to Spokane. It's inevitable. His tenure — like everyone else going on with this fallen franchise — is just marking time in 2015."

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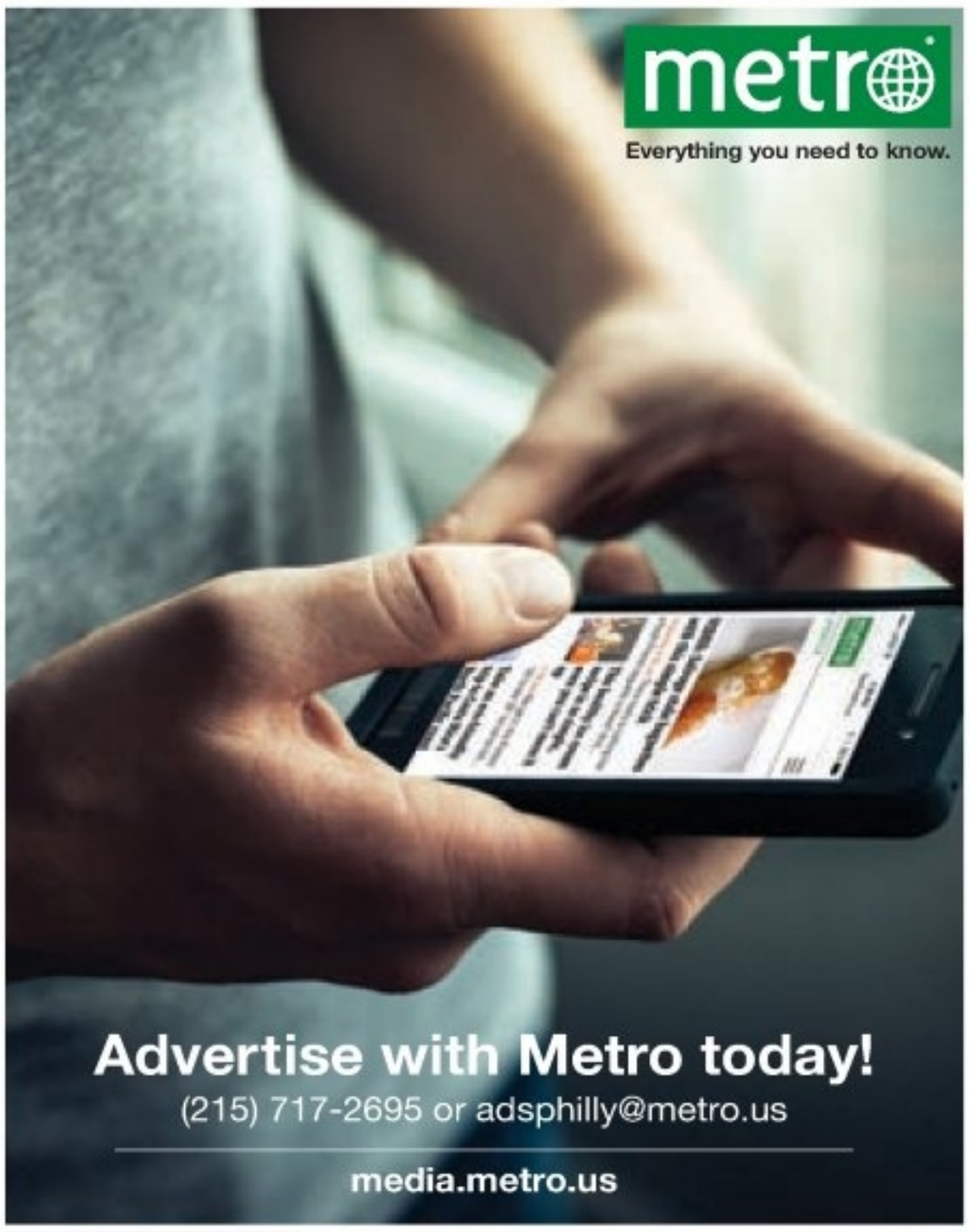

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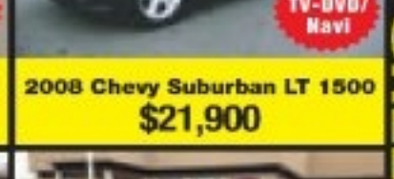
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